

**THE EFFECTS OF TIME MANAGEMENT OF THE GRADE 11 TOP ACHIEVERS
IN FRANCISCO RAMOS NATIONAL HIGH SCHOOL**

A Research Paper

**Presented to
THE FACULTY AND STAFF OF FRANCISCO RAMOS NATIONAL HIGH SCHOOL
(FORMERLY BUAYAN NATIONAL HIGH SCHOOL)**

**In Partial Fulfilment of the Requirements in Practical Research 1 under
Science, Technology, Engineering and Mathematics (STEM)**

Leian Joy Longaquit

Renato Arat

Zenon Jairus Rocamora

Ruche Calalang

Pearl Hope Ann Anduyan

Researchers



Republic of the Philippines
Department of Education
Region IX, Zamboanga Peninsula
Division of Zamboanga Sibugay
FRANCISCO RAMOS NATIONAL HIGH SCHOOL
Concepcion, Kabasalan, Zamboanga Sibugay



Certificate of Committee Approval

In partial fulfillment of the requirements, this research paper entitled “**The Effects of Time Management of the Grade 11 Top Achievers in Francisco Ramos National High School**” has been prepared by: Longaquit, Leian Joy S., Arat, Renato Jr., Rocamora, Zenon Jairus, Calalang, Ruche, Anduyan, Pearl Hope Ann.

Approved by the Examining Committee:

RAMJAY J. CAINGLET
Committee Member

CASSANDHRA PEARL A. EMPERADO
Committee Member

Dedication

This research was truly dedicated to their beloved parents:

Mr. & Mrs. Lemuel Longaquit Sr.

Mr. & Mrs. Renato Arat Sr.

Mr. & Mrs. Rogelio T. Calalang

Mr. & Mrs. Junrix G. Rocamora

Mr. & Mrs. Jhonny T. Anduyan

Who had been their constant source of inspiration, for untiringly supporting their children and teaching them, that made the study accomplished and completely done on time.

This research study is also humbly dedicated to their Adviser Teacher Mr. Daryl Jay Sanco, for giving his full support, discipline, encouragement and duties with patience, love and determination.

Acknowledgement

The researchers would like to express their heartfelt thanks, gratitude and appreciation to those people who help them for the completion of their research study.

Firstly, to the parents for giving their financial and moral support, love care and time.

Secondly, to our Adviser Mr. Daryl Jay Sanco, for willingly imparted their knowledge suggestions and for guiding the researchers.

Above all, to the One who sustained them throughout the making of this study, Jesus Christ, for the wisdom, strength and endurance He had given them. Glory and honor belongs to God alone.

The Researchers

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Chapter I

Introduction

Background of the Study

Time management is very important and it may actually affect individual's overall performance and achievements. Time management has also been defined as a form of self-management with a clear emphasis on time in understanding what activities to do; how to do them more efficiently; in what time it should be done and when is the correct time to the particular activity.

Time management has various benefits for students, such as improved academic performance, reduced stress levels, more excellent learning and personal growth opportunities, and the development of self-discipline and responsibility.

Understanding how Grade 11 top achievers manage their time effectively is crucial for Francisco Ramos National High School (FRNHS) because it reveals the key factors contributing to their success. By investigating the time management techniques used by these high-performing students, we can uncover the strategies that help them do well in school while balancing other responsibilities.

Statement of the Problem

This study aims to investigate the effects of time management on the academic performance of Grade 11 students who have achieved high academic results in Francisco Ramos National High School, especially to answer the following questions

1. What are the positive effects of time management of the grade 11 top achievers?
2. What are the factors that affect the time management of the grade 11 top achievers in doing school activities?
3. How does effective time management influence the academic performance of top achievers in Grade 11?

Objectives

This study aims:

- To determine the effectiveness of time management practices that positively influence the academic performance of the Grade 11 Top achievers.
- To determine the challenges and distractions faced by students in managing their time effectively.
- To determine the significant relationship between time management skills and academic among grade 11 top achievers.

Significance of the Study

This study focused on understanding the effects of Time management on Academic performance of the Grade 11 Top achievers in Francisco Ramos National High School and what are some factors faced by students in managing their time effectively.

Effective time management is closely related to academic success. By studying the impact of time management practices on top achievers, educators and students can identify strategies that contribute to better grades, improved study habits, and overall achievement.

Students. Who manage their time effectively can strike a balance between schoolwork, extracurricular activities, social interactions, and self-care. By investigating the effects of time management, researchers can uncover ways to reduce stress, prevent burnout, and promote mental health. Students who learn to allocate time wisely are more likely to experience less anxiety and maintain a healthier lifestyle.

Educators. They can gain a deeper understanding of effective Time management strategies that contribute to academic success. This knowledge can inform curriculum development, teaching methodologies, and support programs aimed to enhance students Time management skills.

Parents and Guardians. This study can provide parents and Guardians with insights

to the factors influencing their children's academic performance, particularly the role of Time management. They can support their children in developing effective Time Management skills and create a conducive environment for academic success.

Future Researchers. This study can serve as a foundation for further research on Time management and academic performance in different educational settings, future studies can explore additional factors influencing time management, develop intervention to improve Time management skills and investigate the long term effects of effective Time management on students and personal development.

Scope and Delimitation

Our study is limited only for 20 respondents of Grade 11 Top achievers(high performing students) enrolled during the school year 2023-2024i n Francisco Ramos National High School by purposive sampling. This study focuses on understanding how effective time management that influence the academic performance of Grade 11 Top achievers and investigating the significant relationships between time management skills and academic achievement among Grade 11 top Achievers.

Chapter II

Review of Related Literature

Time management is very important and it may actually affect individuals overall performance and achievements. However, all of these are related by how individuals manage their time to suit their daily living or to make it flow steadily with their routines. Students time management can be considered as one of the aspects that can move a student to be a good student. (Nasrullah & Khan, 2015) According to Razali, Rusiman, Gan, and Arbin (2018). Time management is a very important aspect student need to develop in managing their time and doing their school activities, but many students experience change's in their that the three main factors associated with time management are time planning, time attitudes and time wasting.

According to Kimlglo and Filz (2008). The student's behavior in the field of planning time was at a high level, the area of wasting time was at its lowest. It also showed the existence of significant positive relationship between planning time and wasting time and between the academic achievements of students and there is a meaningful relationship between the medium time management and academic achievement as well. Time management scores of the student's show the way to score of academic achievement as concluded that students who scored poor in academic achievement gained significantly lower in time-management. There found an association found between time management practices, academic achievements and stress reduction as the research study demonstrated that an association exists between anxiety lessening, practices of time management and higher academic success Moreover, there is an association between time management abilities and educational outcomes (Nasrullah & Khan, 2015).

This study reveal that all the time management behaviors are positively related to academic achievement of students although the relationship is weak.. Student's conclude that, preplanning their studies had been beneficial for their academic performance. However, less than half of the students agreed that they manage their time, which could be due to various reasons In this study students agreed that insufficient sleep pattern makes their feel lazy and

they are unable to manage time. (“Time management studies and related studies”, 2018).

Time management skills acquired during Grade 11 can significantly impact a student’s ability to handle increased workloads, meet deadlines, and adapt to new environments. Research on time management effects can guide students in developing transferable skills that will serve them well beyond high school.

Chapter III

Methodology

Research Method

This chapter discusses the Research Design, Research Setting, Research Population, Research Procedure, Research Instrument, Establishing Reliability and Validity of the Research and Data Gathering Procedure.

Research Design

This study aims to investigate the effects of time management among Grade 11 Top achievers in FRNHS using a phenomenological approach. This utilized a questionnaire to gather the data in making an interview. The research design involves qualitative methods to investigate into the lived experiences of students regarding their Time management strategies and the impact on Academic success.

Research Setting

This study involved the Senior High School of Francisco Ramos National High School who enrolled in the year 2023-2024. The purposive sampling of 20 Grade 11 Top achievers were used as respondents.

Sampling Procedure

To conduct a study on the effects of time management among Grade 11 Top achievers in Francisco Ramos National High School, a purposive sampling Procedure would be employed. List of Grade 11 students who consistently demonstrate High academic performance would be compiled based on their grades from the previous semester. From this list students who are known for their effective Time management skills , as observed by teacher's , and peers, would be purposively selected to participate in the study. This method ensures that participants possess the characteristics relevant to the research focus, providing valuable insight into the effects of time management on Academic success among Top achievers at FRNHS.

Research Instrument

In Investigating the effects of time management on Grade 11 top achievers in Francisco Ramos National High School employed Interviews to gather needed data A research Instrument comprising 4 question, has been developed in accordance with statement of the problem. The researcher used Interview, this one research Instruments is a 4 item's question the is based about the understanding the effects of Time management to high academic students.

Establishing Reliability and Validity of the Research

The instrument used in this study was validated and evaluated by some research teachers and to our Advisers.

Data Gathering Procedure

The researcher compiled those Top achievers students that are known for effective Time management skills, as observed by teacher's and peers, would be purposively selected to participate in this study, as the 20 respondents are found complete, researchers ensures clear instructions and confidentiality to encourage honest response from this respondents. The researcher ask what language they prefer during the Interview for the researcher to prepare. The researchers planned a schedule for individual interviews that aligns with their availability and does not interfere with their academic commitments or scheduling the interview during non-class hour or after school hours to ensure participation and focus from the respondents. The researchers also construct different locations and time frame to increase the reliability and credibility of the data. During the collection of the data the researcher use a smartphone to record the interview and start to ask questions base from the statement of the problem and the researcher give a big appreciation for the respondents time.

The researcher organize the data and start the transcription. Transcription is a process where the researcher wising word by word the audio recorded interview. The researcher also use Coding process to develop a main theme.

Chapter IV

This chapter presents and interprets the data gathered by the researcher through tables. The population of data is arranged according to the order in statement of the problem in chapter 1.

Results

The first question in the study sought to answer was. What are the effects of time management to your academic performance?

Table 1

The positive effects of Time Management among Grade 11 Top achievers in Francisco Ramos National High school

Statement of the Problem	Common Responses	Theme
What are the positive effects of time management of the grade 11 top achievers in FRNHS?	<ul style="list-style-type: none"> • lead to grades improvement, better performance and high grades. 	Academic Success

As shown in the table 1. What are the effects of time management to your academic performance? The interpreted data has a theme “Academic success”. This statement suggests that effective time management positively correlates with academic success. By efficiently allocating time to study, complete assignments, and prepare for exams, students can achieve better grades and overall performance in their academic endeavor’s .

The second question in the study sought to answer was. Have you observed any differences on the overall well being or overall success of your peers who may struggle with time management compared to those who excel in this area? And what are those?

Table 2

The positive effects of Time Management among Grade 11 Top achievers in Francisco Ramos National High school

Statement	Common Responses	
	Struggling with Time management	Excel with time management
What are the effects of time management to the grade 11 top achievers	<ul style="list-style-type: none"> ● Experience high levels of stress, frustration and cramming. ● Experience lower levels of satisfaction and fulfillment. 	<ul style="list-style-type: none"> ● Reduce levels of stress and cramming ● Produce high quality work or projects.
	Themes	
	Struggles and Striving for balance	Stability

As shown in the table 2. Have you observed any differences on the overall well being or overall success of your peers who may struggle with time management compared to those who excel in this area? And what are those?

This interpreted data shows that poor time management leads to higher stress and frustration, often resulting in last-minute cramming to meet deadlines. As a consequence, individuals experience lower levels of satisfaction and fulfillment due to the pressure and rushed nature of their work. While the positive outcomes associated with effective time management are those individuals who excel in this area experience lower levels of stress and anxiety as a result of their ability to plan and prioritize tasks effectively. By managing their commitments efficiently, they can meet deadlines and produce high-quality work while maintaining a healthy work-life balance.

The Third question in the study sought to answer was. Can you describe any challenges, distractions or obstacles you've encountered in maintaining effective Time management?

Table 3

The factors that affecting the time management of the grade 11 top achievers in doing school activities

SOP	Common responses	Theme
What are the factors that affect the time management of the grade 11 top achievers in doing activities.	<ul style="list-style-type: none"> ● House hold chores/ obligation ● social media 	Distractions and Responsibility

As shown in the table 3. Can you describe any challenges, distractions or obstacles you've encountered in maintaining effective Time management? The interpreted data has a theme "Distractions and Responsibility". This statement interpret that the common factors affecting the time management of the grade 11 top achievers are social media and house hold chores or obligation.

The fourth question In the study sought to answer was. Do you believe that effective Time management has a significant impact on your overall well being and stress levels during the school year? If so how?

Table 4

How does effective Time management influence the academic performance of top achievers in Grade 11

SOP	Common responses	Theme
How does effective Time management influence the academic performance of top achievers in Grade 11?	<ul style="list-style-type: none"> ● allocate enough time for studying and preparing ● Scheduling time or what activity need to do that produce high quality work or projects 	Planning and Time Allocation

As should in the table 4. Do you believe that effective time management has a significant impact on your overall well being and stress levels during the school year? If so how? The interpreted data has a theme Planning and Time allocation. Time management help students allocate enough time for studying and preparing and it schedule time or what activity need to do that results to quality work or projects and good scores.

Chapter V

Summary, Findings, Conclusion and Recommendation

This chapter presented the summary of findings, the conclusion and recommendation draws by the researchers from the result of the study obtained.

Summary of Findings

This following were the summary of the findings that the researchers gathered to determine the effects of Time management of the Grade 11 top achievers in Francisco Ramos National High school.

Specifically, this study aim to answer the following questions.

1. What are the positive effects of Time management of the Grade 11 Top achievers in Francisco Ramos National High school?

Upon the findings of the study on what are the effects of time management of the Grade 11 Top achievers in FRNHS the data has been interpreted as “ Academic Success” and “Stability” this defines that effective Time management can lead to grades improvement, better performance, high grades, reduce the levels of stress and cramming and produce high quality of work or projects.

2. What are the factors affecting the Time management of the Grade 11 Top achievers in doing the activities?

Upon the findings of the study on what are the factors affecting the Time management of the Grade 11 top achievers in doing the activities, the data has been interpreted as “Distractions and Responsibilities” this defines that House hold chores/ obligations and Smartphone by the use of social media can affect the Time management of the Grade 11 Top achievers.

3. How does effective Time management influence the academic performance of Top achievers in Grade 11?

Upon the findings of the study on, how does effective Time management influence the academic performance of Top achievers in Grade 11, the data has been interpreted as “ Planning and Time Allocation” The time management influence the academic performance of the Grade 11 because it can help allocate enough time for studying and preparing and can help Schedule time on what activity to do that produce high quality of projects or works.

Conclusion

After through analysis of the result on the findings gathered from the study, the conclusion drawn.

Based on the findings, the researcher conclude that effective time management among Grade 11 top achievers at Francisco Ramos National High School correlates strongly with academic success and stability. It leads to improved grades, better performance, reduced stress levels, and higher quality work or projects. Factors such as distractions and responsibilities, including household chores and smartphone use for social media, can significantly affect the time management of these top achievers, potentially hindering their ability to focus on academic activities. Effective time management influences academic performance by aiding in planning and time allocation. It enables students to allocate sufficient time for studying and preparing, as well as scheduling activities effectively to produce high-quality projects or work.

Recommendation

The following was made base on the findings of the study.

1. Time Management. Schools should organize workshops or seminars on time management specifically tailored to all students.
2. Launch awareness campaigns highlighting the importance of effective Time management for academic success.
3. Establish guidelines or policies regarding the use of smartphones and social media during school hours or study periods

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Appendices

Appendix A: Request for Permission to Conduct Research



Republic of the Philippines
 Department of Education
 Region IX, Zamboanga Peninsula
 Division of Zamboanga Sibugay
FRANCISCO RAMOS NATIONAL HIGH SCHOOL
 Concepcion, Kabasalan, Zamboanga Sibugay



TO: MA. HELEN S. JARCIA
 Principal II
 Francisco Ramos National High School

REQUEST FOR PERMISSION TO CONDUCT RESEARCH

Ma'am:

Good Day!

We are the Grade 11- STEM students of Francisco Ramos National High School. As stated to comply our research study in Practical Research 1 (Qualitative Research) under our Instructor Mr. Daryl Jay B. Sanco.

The proposed topic of our research paper is **THE EFFECTS OF TIME MANAGEMENT OF THE GRADE 11 TOP ACHIEVERS IN FRANCISCO RAMOS NATIONAL HIGH SCHOOL**. We are hereby seeking your consent to conduct a research study in your prestigious school.

Your permission to conduct this study will be greatly appreciated.

Yours sincerely,

Leian Joy Longaquit
Renato Arat
Zenon Jairus Rocamora
Ruche Calalang
Pearl Hope Ann Anduyan

Researchers

Noted by:

DARYL JAY B. SANCO

Research Teacher

Appendix B: Certification for Panel of Validation

Republic of the Philippines
Department of Education
Region IX, Zamboanga Peninsula
Division of Zamboanga Sibugay
FRANCISCO RAMOS NATIONAL HIGH SCHOOL
Concepcion, Kabasalan, Zamboanga Sibugay

**CERTIFICATION FOR PANEL OF VALIDATION**

This is to certify that the attached instrument has been validated and evaluated by the undersigned below and is found to be valid.

Validated/Evaluated by:

Research Teacher

English Teacher

Appendix C: Research Instruments



Republic of the Philippines
Department of Education
Region IX, Zamboanga Peninsula
Division of Zamboanga Sibugay
FRANCISCO RAMOS NATIONAL HIGH SCHOOL
Concepcion, Kabasalan, Zamboanga Sibugay



RESEARCH INSTRUMENTS

Questions for SOP:

1. What are the effects of time management to your academic performance?
2. Have you observe any differences on the overall well-being and overall success of peers who may struggle with time management compared to those who excel in this area? and what are those?
3. Can you describe any distractions, challenges, or obstacles you have encountered in maintaining effective time management?
4. Do you believe that effective time management has a significant impact on your overall well-being and stress levels during the school year? If so how?